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World HUB @ Wheel of Women Leaders That Care

The Courage to Speak^â Foundation – Ginger Katz – November 2011

October 9, 2011 By [Team Celebration](#) [Leave a Comment](#)



The Courage to Speak^â Foundation www.couragetospeak.org



**Courage to Speak-
Courageous Parenting 101[®]
in English & Spanish**

A **FREE** 3-session substance abuse education and prevention program for parents wishing to arm themselves with the knowledge of how to keep their children safe

WHEN: October 20th at 6:30 pm

WHERE: West Rocks Middle School

81 West Rocks Road, Norwalk, CT

Continuing **October 27th & November 3rd** at 6:30 pm

A Light Dinner Fare will be Served at 6:00 pm

Child Care Provided with Response

Watch the Education Notebook on News Channel 12

October 15th and 16th for more information

This FREE 3-Session Program Will Cover:

1. Teen Drug Use Trends & Party Culture; What is a Drug?; What is Addiction?; Drug Effects & Consequences

2. The Adolescent Brain; Why Kids Use Drugs; Helping

[CLICK HERE](#) to learn more about Courage to Speak- Courageous Parenting 101^â

If you would like to see all of The Courage to Speak-

Kids Handle Stress, Anger & Other Emotions; Age Appropriate Prevention Messages; Parenting Styles; Setting Expectations & Boundaries; Media Influence on Teen Substance Abuse

3. Establishing & Enforcing Healthy Expectations & Limits for Teens; Effective Communication Strategies; Protective Factors & Developmental Assets; Warning Signs of Substance Abuse; Where to Find Help & More

This program is for PARENTS ONLY & each session will be 2 hours long – including discussion groups

(The first session will be extended a half hour for

Ginger Katz's Presentation of Ian's Story)

The program will be facilitated by:

English- Dawn Roy, LCSW

Spanish- Millie Seguinot, Community Health Educator.

Yale University Evaluation

Key Findings of the Evaluation Indicated that Parents who Took the Program Reported a Significant Increase in:

- General communication with their child
- Communication with their child about alcohol & other drugs
- Parents' knowledge about their children's lives
- Parents' confidence in their ability to intervene & prevent their child from using alcohol, tobacco & other drugs
- Parents' confidence in their knowledge of alcohol, tobacco & other drugs & their ability to recognize the warning signs of substance abuse in their children
- Parents' confidence that they would tell the parents or their children's friends if the friends were using alcohol, tobacco & other drugs

Courageous Parenting 101^â programs rolling out this fall, please see our [SCHEDULE](#)

Become a Supporter of The Courage to Speak^â Foundation by clicking the "Make a Donation" Button



Registration

You may register for this program online in English or Spanish. Please select one of the links below to sign-up now.

Space is limited

[ENGLISH REGISTRATION](#)

[SPANISH REGISTRATION](#)

Please visit The Courage to Speak^â Foundation Website **www.couragetospeak.org**

Please visit the *Sunny's Story* Website **www.sunnysstory.com**

Like our **Courage to Speak^â Foundation** Facebook page!

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Thank you for your ongoing support!

The Courage to Speak^â Foundation

“Saving Lives by Empowering Youth to be Drug Free and Encouraging Parents to Communicate Effectively with Their Children About the Dangers of Drugs”

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